

**TOP 10 BURNING QUESTIONS for  
PLANTAR FASCIITIS SUFFERERS REPORT:**

**“How To Treat the True Cause instead of  
Just the Symptoms of Your Heel Pain  
(And Plantar Fasciitis) ...**

**Without Unnecessary Medications,  
Having Injections or Risky Surgery to  
Get Back to Normal!”**

Report By Leading Physical Therapist Julian Manrique, - Value \$27

## TOP 10 BURNING QUESTIONS for PLANTAR FASCIITIS SUFFERERS REPORT

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### ABOUT THE AUTHOR



Since 1999, Every Week, 100's of people have consulted Physical Therapist Julian Manrique in search of answers to their concerning questions about heel pain & plantar fasciitis. Their desire is to GET PERMINANT RELIEF fast - without the need for medications, costly injections or the risks of surgery. They are tired of spending time and money on shoes, orthotics or weekly massage visits – that haven't solved their problem. Instead they want to spend more time with family and friends – being more ACTIVE and INDEPENDENT.

Julian is a state licensed and board-certified Physical Therapist with over twenty years of clinical experience. He is also a board certified Orthopedic Clinical Specialist and has completed extensive continuing education, including a year-long fellowship in Applied Functional Science and another in Manual Therapy. Julian received his bachelor's degree in Health Science in 1997 and earned his Master's degree of Physical Therapy in 1999 from Loma Linda University.

In 2002 he created a Physical Therapy Practice in Orange County that prides itself on helping individuals get better QUICKLY and NATURALLY – without the need of pills, getting injections or undergoing surgery – many of whom once suffered with heel pain & plantar fasciitis – while at the same time building strong relationships along the way.

In this Special Free Report on putting an end to heel pain & plantar fasciitis, I share with you very powerful principles and treatments you can make work for you – some over time and others almost instantly. They're in no particular order, and they all have only one thing in common: They all work.

It's often the simplest advice that wins in the end. Truth is, without knowing your heel pain & plantar fasciitis, or your history intimately, I cannot tell you which of these will work best for you. And even if I did know the root cause, there are no guarantees that any one single strategy will work for everyone, every time.

But over the last two decades, I've had many opportunities to learn what really does and doesn't work when it comes to easing heel pain & plantar fasciitis, and the principles you're about to read are included in that.

More importantly, this report shows you how to truly get to the root cause of your heel pain & plantar fasciitis – for no cost whatsoever, other than that of your time. And that's what most people who request this report are shocked to discover... that there IS a way to get to the REAL CAUSE of your pain without speaking to your doctor or insurance.

Inside of this report I also reveal to you PROVEN tips to ease heel pain & plantar fasciitis so that you can begin to make a difference on your own. Now imagine this... how great would it be if you try just one of these "tips" every day... within a few weeks you could have all of these incredibly helpful strategies for easing Heel Pain, "in play" and working for you – giving you back the active and healthy lifestyle that you've lost, or are in danger of losing.

So, my challenge to you is this... now that you have this knowledge in your hands, take time every day to try out at least one of these 100% natural treatments. It really won't take long and most of them won't cost you anything but a few minutes of your time.

You are likely to be pleasantly surprised by how much better and healthier you will feel for doing so.

Important notice: if you apply all the “tips” in this Special Report, you will likely see a drop in the heel pain & plantar fasciitis you are currently suffering from.

# How To Get A Completely FREE Consultation With A Heel Pain and Plantar Fasciitis Specialist!

First, in order to recover from ANY heel pain & plantar fasciitis you must find the true cause of the problem. Without knowing the reason for the dysfunction it's almost impossible to stop it - and if not treated properly it will only get worse.

Getting to the REAL CAUSE of heel pain & plantar fasciitis is something that a Physical Therapist specializes in. Unfortunately, many people still don't know how easy it is to “self-refer” to a Physical Therapist for help with easing heel pain.

## No Referral Needed...

How easy can it be? Well, there's NO one to ask, NO referral needed, NO forms to sign, NO payment agreements and there's NO obligation to go ahead with any treatment after an initial DISCOVERY CONSULTATION which will reveal your movement dysfunction – the real cause of your pain!

It's true... you **don't even need a referral from a medical doctor** or authorization from your insurance company in advance to go and see a Physical Therapist for answers to your heel pain & plantar fasciitis concerns. This means you can just call up and arrange that first DISCOVERY CONSULTATION today and have answers to your questions within the next 48 hours! It's that easy.

And at that first “no authorization needed” DISCOVERY CONSULTATION with one of our heel-pain expert Physical Therapist, you can have all your questions answered personally. They will do a complete assessment, identify the true cause of your pain or stiffness and show you what successful treatment looks like just for you.

Then, once you know that, you will be able to decide whether to contact your insurance and we'll even help you take care of any onward referral to a doctor (IF it's even needed).

We call it a DISCOVERY CONSULTATION because you get to discover how YOUR body movement or lack thereof, is affecting YOUR HEEL PAIN, “US” (the helpful staff at FOCUS PT!), and PHYSICAL THERAPY. You'll leave your FREE session empowered, knowing what's causing your heel pain & plantar fasciitis, better educated and more informed, so you can make the best decision about YOUR health!

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That's why we say Physical Therapy is a hassle-free way of easing heel pain. There is no financial risk because the first visit is 100% FREE and now you know you don't even have to see your doctor or contact your insurance company first.

Here's how you will contact us:

**P.S. To talk to one of our Physical Therapists about your**

**Heel Pain & Plantar Fasciitis:**

Call: (949) 949-709-8770

Email: [info@focuspt.net](mailto:info@focuspt.net)

**And at this FREE session this is what we promise that you will learn:**

1. What is the **true dysfunction** that is the cause of your pain and the **real reason** you're suffering?
2. Can Physical Therapy specialists definitely help YOU?
3. If YES, what does successful treatment look like for you?
4. How quickly will you experience positive results?
5. Are there any other NATURAL healing, DRUG FREE ways that can speed up your recovery along with Physical Therapy?
6. Exactly what your recovery program investment will be, how much your insurance will reimburse and the easy payment options you can choose to cover the rest.
7. How soon you can get back to NORMAL pain free activities - ie: walking, standing in line, running, walking barefoot, etc - get back to work, or enjoying time playing with your family and friends.

Next, let's look at some things that you may start using to ease your heel pain & plantar fasciitis while you arrange that FREE DISCOVERY CONSULTATION at my PT practice:

## Pain is a Sign...That This is Happening to You

Pain is a sign. It is a sign that says, "Hey, hold up, there's something wrong here."

It is a sign that you have tissue damage.

When you feel pain, there are three things you can do:

1. You Can Ignore It.

For most people, this involves making excuses. Here are some of my favorites:

"I'm old."

"I stood too long."

"I have the wrong shoes."

"My Mom had plantar fasciitis."

Simply put, repeating excuses will not help you heal. Excuses only put the blame and responsibility of the health of your body on someone else.

2. You Can Try to Cover It Up.

For people who try to handle pain this way, they usually try to cover it up with medications, injections, or unnecessary surgery (there are some surgeries which are absolutely necessary). These rarely address the cause of the heel pain. We will talk more about this later.

3. You Can Handle It.

People who handle heel pain best, handle it early. This means if they have a pain, they may wait a few days or a week, but if the pain persists, they seek for the best specialists in their area and follow the advice.

If you are a person who handles problems early, so they do not get worse, then you will want to read the section on "How to Find the Best PT in Your Area."

*"A wise man should consider that health is the greatest of human blessings, and learn how by his own <sup>own</sup> ~~own~~ thought to derive benefit from his illnesses."* - Hippocrates

## 1. Q: How long is this going to take to go away?

A: It depends...it depends on YOU. In general, it takes to 6 to 8 weeks to go through the first 2 phases of healing (no pain, all movement and strength back to normal). It may take another 1 to 4 months to get back to all activities you want to do...depending on how active you are. This is the third phase of healing. Here are 10 variables that determine how fast someone can heal:

- Overall health. Healthy people heal faster. Younger people heal faster.
- Other health issues such as diabetes, heart disease, high blood pressure, tobacco use, alcohol abuse and body weight all influence healing rates...and make the time to heal longer.
- Diet. People who consume more nutrients in their calories (Dr. Joel Fuhrman calls this “Nutrarian”) heal faster than those who primarily eat processed foods.
- Rest levels. Our bodies need sleep and rest to rebuild. A lack of sleep slows healing time.
- Stress levels. People who have high levels of stress heal more slowly.
- Sedentary lifestyle. People who sit all day for work or to watch TV heal more slowly.
- People who follow advice and instruction from top-level healthcare professionals heal more quickly than those who do not follow-through with care.
- People who are highly aware of their daily postures and habits heal more quickly...because they can adjust habits such as sleep or sitting positions more quickly.
- Readers heal more quickly. People with higher attention spans are more likely to be self-educated on a topic and more likely to follow-through with successful treatment.
- People who think there’s hope tend to be more persistent and won’t let anything stop them.

## 2. Q: How long before I see improvements?

A: Most people we see in the clinic feel improvement in 2 to 3 visits...or within the first 2 weeks. If you go longer than 2 weeks without feeling better or moving better...you may be wrong about the cause of your heel pain regardless of what your X-ray or MRI shows.

### **3. Q: Can I be completely healed, or will this come back again?**

A: Most people we see who complete the 3 Phases of Healing (meaning they no longer have pain, their motion and strength are back to normal and they're back to doing all the activities they want to do without pain) ...they have a minimal chance the pain will return. The stronger the person is...the less likely the pain symptoms will come back. Your body is a bit like a car. If you take care of it, regularly change the oil and keep it running and fine-tuned...little chance of break down. If you ignore it...very likely to break down and be in need of repair.

### **4. Q: Do I need any special equipment?**

A: At my practice, Focus Physical Therapy, we use a minimalist approach... We don't use big, fancy, expensive equipment. You don't own this equipment so you can't use it at home, right? Also, we don't spend our lives on this equipment so it isn't what we would call "Functional". Most exercises can be done with a simple ball, exercise bands and a safe place to exercise. This allows you to perform most of these exercises at home so you can get better even faster! Our model focuses on world-class hands-on Physical Therapist, a table and some basic exercise equipment you can do at home or on the road if traveling. This works best for most people.

### **5. Q: Should I use heat or ice on my foot?**

A: This is a very popular question and the answer is: "It depends."

Heat: increases blood flow and can help before an activity if your foot is stiff or tight. It can also help some people with pain relief.

Ice: Decreased blood flow and helps if you are experiencing swelling in your foot after a lot of activity. It can also help some people with pain relief.

If your foot or ankle is inflamed or irritated do you want to put heat on it and make it more inflamed? Probably not, if your foot is stiff and tight, do you want to decrease blood flow there with ice? Again, probably not.

Some people's bodies do respond better to heat or ice from a pain relief perspective. Some get pain relief from heat, other's ice. This can be a personal preference but no matter what, ice decreases blood flow and heat increases it.

## **6. Q: Which exercises should I do?**

A: The best exercises for you depend on what the cause of your pain is. If we were to take a global look at most foot and ankle issues there are some key exercises that are likely to help you recover from most problems. For videos of these key exercises go to [www.focuspt.net](http://www.focuspt.net) and select "TOP 3 EXERCISES VIDEOS".

## **7. Q: How often should I do the exercises? And do I need to do them forever?**

A: Most people we work with in the clinic do the exercises at least once per day...every day. At first, some will do them up to 3-5 times per day. Doing the same exact strengthening or mobility exercises for years without changing could be a mistake. In general, to get stronger and maintain functional mobility, your exercise should progress and get more challenging. With training your body adapts. Functional mobility exercises should be done on a regular basis. Keeping that in mind, there are 2 rules to training:

1. Everything works.
2. Nothing works forever.

This means that any exercise (although painful) may make you stronger and more mobile. But once your body adapts, it's time to move on to something different or more challenging.



## 8. Q: What do I need to do to get better? Am I going to relapse?

A: The best thing to do for foot and ankle pain, if you are worried about it coming back again in the future, is to complete all 4 phases of healing.

- Phase One is where you focus on getting rid of the pain and inflammation
- Phase Two is where you focus on restoring mobility, flexibility & strength.
- Phase Three is where you go back to normal function and previous activities you want to do.
- Phase Four is where you focus on maintaining your strength, mobility and prevention of injury.

In our clinic, after we see a person who had foot or heel pain, and they are now pain free with full motion and full strength, we ask:

“What activities have you avoided in the past month that you want to get back to doing?”

Some will say walking, or golfing or gardening...something along those lines. We'll tell that person to do everything you want to over the next month that may have caused you pain in the past.

They need to continue with their exercises at home to get stronger and stronger. Most come back for a recheck appointment in 2 months and have no trouble at all. Some do have a relapse.

We then take a look at the activity and at the program and tweak it as needed to help them get back on track. As mentioned before, people who are stronger recover more quickly... So it's usually only two or three visits before that person is on the right track again.

## 9. Q: How do I know the cause of my pain?

A: There are three common causes of foot pain. Here are some general guidelines for each.

- Traumatic pain- there was a specific mode of injury that initiated the pain. This pain is commonly accompanied by swelling in the foot, ankle or lower leg. For pain like this, there was typically tissue damage of varying degrees. Rest, ice, compression and elevation are recommended, especially within the first 72 hours of injury.
- Overuse injuries- Your body was not prepared to perform an activity or movement over and over and broke down. You may lack proper range of motion or strength in the lower extremity and motion was “robbed” from another area, causing dysfunction. The tissue held up for a while but after repeated improper use, it broke down and started giving you pain.
- Chronic pain- there may or may not have been a specific mode of injury, but this pain has been persistent for months to years. It may come and go depending on activity but your attempts to completely alleviate it have not been successful. Drugs and injections tend to just mask the symptoms and your body has made compensations at different joints, changing your body mechanics, to deal with the injury. It is unlikely that the issue will resolve itself at this point, unless you identify the real cause of the pain, instead of just treating the symptoms.

## 10. Q: Should I stop my activities?

This is a common question and there is no one right answer for everyone. If you have pain, then you likely have irritated tissue in your body. If there are activities that you know are irritating that tissue, it is in your best interest to limit those activities. This doesn't mean that you will never be able to return to these. It means that in order to heal as quickly as possible you should limit them now so you can heal faster.

## What Should I Do Next?

## **Accelerate The Healing Process: Find Out What's Wrong By Going To See A Physical Therapist - It's Free, And Real Easy!**

I think the only thing that stops most people from going and seeing a Physical Therapist is that they just don't realize how EASY it is.

See, you don't even need a referral from a medical doctor, and nor do you even have to let your insurance know in advance. This means you can just call right up and arrange that first visit - today if you like! It's that easy. And at that first "no authorization needed" session with an expert Physical Therapist, you can have all of your questions answered personally, find out what the real cause of your pain is and what natural, successful treatment looks like, just for you, and by whom.

Then, once you know that, you're better able to decide whether to contact your insurance, and the PT you choose to see will take care of any referral (to a doctor), or forms that need signing, too. That's why we say Physical Therapy is a hassle-free way of easing heel pain & plantar fasciitis.

If you're at all interested in what a physical therapist can do to end your heel pain & plantar fasciitis, why don't you go and see one? It's financially risk free, (the first discovery visit is FREE), and now you know you don't even have to contact your insurance, or go to see a doctor first.

Important: combine all the "tips" in this Special Report with a trip to see a Hands-On Physical Therapist, and you will likely see a dramatic drop in the heel pain & plantar fasciitis (and stiffness), you are currently suffering from.

## Conclusion

Alright, those are some things that you can start doing TODAY to decrease Your Heel Pain & Plantar Fasciitis, improve your health and simply make you feel better.

These are just some of the key principles. There are many other things that you can do too, and I could get more in-depth on ways to end Heel Pain and Plantar Fasciitis than the principles I've given you here. If you are disciplined and diligent about doing them, they will significantly improve the quality of your life.

In the weeks ahead I'll be sending you even more tips and advice on how to restore your active and healthy lifestyle - and will share with you how Physical Therapy can make a huge difference to your life.

I hope this is the beginning of a great, long-term relationship where myself and my team at Focus Physical Therapy become the source of leading edge health advice for you and make a real difference to your life.

All the Best,

Julian Manrique, PT, MPT, OCS, FAFS  
Heel Pain & Plantar Fasciitis Specialist.  
Focus Physical Therapy

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## Health Advice Disclaimer

We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this Report.

However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our physical therapy clinics. The information given is not intended as representations of every individual's potential injury. With any injury, each individual's symptoms can vary significantly and their recovery from injury can also vary depending upon background, genetics, previous medical history, exercise technique, posture, motivation to follow physical therapist advice and various other physical factors.

It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed fully accurate in the absence of this examination from one of the physical therapists at **Focus Physical Therapy**.

We can offer you this service FREE of any charge. Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. No guarantees of specific outcomes are expressly made or implied in this report.